

### ABSTRACT

A method for the prophylaxis or treatment of an inflammatory bowel disease is provided, comprising administering to a patient having or at risk of developing an inflammatory bowel disease a therapeutically or preventatively effective amount of one or  
5 more antivirals selected from the group consisting of an antiviral active against herpes viruses, pharmaceutically acceptable salts thereof, and mixtures thereof, excluding anti-inflammatory agents selected from the group consisting of salicylates and salicylates prodrugs. The antiviral may be used in combination with additional active agents effective against inflammatory bowel disease.